

## Additional Resources

### resolve Crisis Services

1-888-7-YOU-CAN (796-8226)  
[www.upmc.com/resolvecrisis](http://www.upmc.com/resolvecrisis)

### Center for Victims

412-482-3240  
[www.centerforvictims.org](http://www.centerforvictims.org)

### Pennsylvania Department of Education Bullying Prevention Help Line

1-866-716-0424  
[www.education.pa.gov/K-12/Safe%20Schools/Pages/default.aspx](http://www.education.pa.gov/K-12/Safe%20Schools/Pages/default.aspx)

### Pittsburgh Action Against Rape (PAAR)

1-866-END-RAPE (866-363-7273)  
[paar.net/](http://paar.net/)

### Victims Compensation Assistance Program (VCAP)

1-800-233-2339  
[pcv.pccd.pa.gov](http://pcv.pccd.pa.gov)

### National Child Traumatic Stress Network

[www.nctsn.org](http://www.nctsn.org)

### Education Law Center

412-258-2120  
[www.elc-pa.org/](http://www.elc-pa.org/)

### Big Burgh

[www.bigburgh.com](http://www.bigburgh.com)

## Our Vision

**All youth are healthy, safe,  
and thriving**

### Contact Us

Center for Adolescent and Young Adult Health  
(CAYAH)

**412-692-6677**

ASK for “ET<sup>3</sup> program” or “the violence  
prevention social worker”

UPMC | CHILDREN'S  
HOSPITAL OF PITTSBURGH

PittPublicHealth

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# ET<sup>3</sup>

## Empowering Teens to Thrive

Promoting safety, resilience, and well-being



**Center for Adolescent  
and Young Adult Health (CAYAH)**

Violence Prevention Initiative  
Graduate School of Public Health

PittPublicHealth



## What is ET<sup>3</sup>?

Empowering Teens to Thrive is a program of UPMC Children's Hospital of Pittsburgh. In partnership with the Violence Prevention Initiative in the Graduate School of Public Health, we support youth who present to our hospital following violent injuries.

We provide education and counseling, and we link youth and families to support in their own neighborhoods.

## How can ET<sup>3</sup> help?

ET<sup>3</sup> provides services to youth following violent injury to encourage healing and prevent re-injury.

## What we know

After a violent event, it's normal to avoid people or places that remind you of that event. Many youth feel more anxious, alone, angry, or sad. It is also common to replay the event and have trouble sleeping, focusing, or completing daily tasks.

The good news is, most youth start to feel better in a week or two. For others, symptoms can last longer (more than one month) and get in the way of doing usual activities. ET<sup>3</sup> helps youth get back to feeling healthy and happy.



## What we do

- Medical follow-up
- Victim's assistance
- Emotional support for traumatic stress
- Brief trauma-focused counseling
- Referrals to community-based services:
  - School support
  - Legal advocacy
  - Food and housing resources
  - Connecting with community

## Who we are



**Sarah London, MSW**  
Lead Violence Prevention Specialist



**Alison Culyba, MD, PhD, MPH**  
Program Director



**Elizabeth Miller, MD, PhD**  
Chief of Adolescent and Young Adult Medicine

In partnership with the Violence Prevention Initiative, Graduate School of Public Health, University of Pittsburgh